

Children's Emotional Wellbeing Coaching

10 week plan

Teen

General session plan:

Intro
How are you?
Scale
Recap and hometask review
Learning
Regulatory technique
Set hometask
Outro

All content will be tailored and adapted to your child's age, emotional development and individual needs.

The sessions may not follow this plan if content/pace is adapted.

Please note that this is a **brief** overview of the content

Week 1 Introductions Sea of life Preparation for coming weeks	Week 2 Getting to know me
Week 3 EBT cycle Emotion psycho-education Getting to know my Emotions and how they effect me.	Week 4 EBT cycle continued... Getting to know my Emotions. Emotions and Thoughts.
Week 5 EBT cycle continued... Psycho-education on Thoughts Getting to know my Thoughts and how they effect me.	Week 6 EBT cycle continued... Behaviour How do I spend my time and how does that effect me?
Week 7 Relationships Maintaining relationships, healthy communication and the relationship with myself.	Week 8 Problem solving How do I solve problems?
Week 9 Regulation What is regulation and how do I do it?	Week 10 Recap Reflect Feedback Outro